

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy after by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a tea spoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

Sooner or later the high flyer must pay up or come down.

TENDER SKINNED BABIES

With Rashes and Irritations Find Comfort in Cuticura. Trial Free.

Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when baby's skin is irritated and rashy.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

War Makes Geographers.

The war has made geographers of us all. It seems that it has also increased the Londoner's knowledge of London. Six wounded officers, all Londoners, born and dwellers in London, were offered a motor trip from their hospital the other day. They selected Hampton court as their objective, and only one of the party had seen it before. It is a common saying in London, that only the visitor really sees the city, and there is at all events an element of truth in the statement.

There is a certain middle-aged commercial man of high standing in London, a Londoner by descent, birth and lifelong residence, who, though he has seen the Blue mountains of Australia and the Victoria falls of Africa, has never been inside Hyde park, Westminster abbey or St. Paul's Cathedral.—Manchester Guardian.

Gold Dust by Mail.

A Watertown (N. Y.) man has just received a bag of gold dust, mailed to him from Klondike in 1889, three tags with 29 addresses showing the lengths to which he had gone to prevent that filthy lucre's overtaking him. The flight of the average man from such a peril would make a glacier look like a Fokker aeroplane.

Good-By Birch.

Bill—Is the school up-to-date? Jill—Yes; they use an electric switch in the building.

HANDY HUSBAND

Knew How to Get Part of the Breakfast.

"I know one dish I can prepare for breakfast as well as any cook on earth," said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night.

"She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TO TAKE LONG TIME

ARMY OFFICERS BELIEVE WARFARE IN MEXICO WILL BE LONG DRAWN OUT.

DICKMAN'S CHASE OF GARZA

Captures Most of Band, but Leader Escapes—Diplomacy to Cost Uncle Sam More Money—Indian Visitors at Capital.

By GEORGE CLINTON.

Washington.—From past experiences trailing and fighting bandits, army officers here and on the border realize that the present warfare is likely to be long drawn out. They unquestionably would prefer a pitched battle and to have the thing over with once and for all, but the history of the past along the border in Mexico makes it seem probable to army men that there will be a splitting up of the forces of the pursued bandits and that the captures or killings must be made in detail.

It is also possible, of course, that there may be one fight before the separation of the renegade force into small units. It may be that the engagement will not be decisive and that thus an opportunity will be given for the scattering.

In the year 1891 a band of Mexicans led by a man named Garza who had many of the characteristics of Villa, split into "flying fragments" and gave the United States forces all that they wanted to do in order to effect captures. There is on record one specific case which is typical of many cases and which may prove to be the counterpart of individual man hunts which perhaps must be undertaken before Villa's scattered followers are captured, band after band, and the round-up is completed.

How Dickman Did It.

Joseph T. Dickman is now colonel of the Second cavalry. During the Garza uprising in 1891 he was a first lieutenant of the Third cavalry, stationed on the border. The followers of the Mexican chieftain had split up into bands and alternately were hiding and raiding. Lieutenant Dickman was on a scout with orders to trail through a certain section of the country. He had been doing a lot of thinking on the possibilities in the case, and when he had gone some distance from the headquarters camp he quit his actual scouting and went by the left flank to a place where the thick chaparral opens out toward the clear country.

It is not probable that anybody but Dickman knows to this day just how he figured out that he was going to make a killing that morning after there had been months and months of practically unsuccessful hunting for the scattered members of the guerrilla band.

Dickman led his small detachment straight away at a swinging gait. He gave an order suddenly that made his men know, though they saw nothing, that business was at hand. The orders were explicit and suddenly the thing opened. A volley came from men concealed in the brush at the troops' front. It was a wasted volley, but it got quick, sharp and destructive answer from Dickman's men.

Leader Never Was Caught.

Two bandit chiefs, Benavides and Gonzales with many followers, had been caught at the very place where they thought they were safest. The troopers swung round them and in a minute held the whole outfit captive. The next day Dickman met and defeated in a sharp fight another band of the outlaws, capturing several of them.

While virtually all the members of the bandit gang were captured, Caterino E. Garza, the leader, escaped and he never has been heard of from that day to this. Is Villa also to escape at the expense of the capture of his followers?

High Cost of Foreign Service.

Diplomacy is to cost Uncle Sam more money than ever before. The war is at fault. The diplomatic and consular appropriation bills for 1917, as reported in the house, carry about \$1,500,000 more than the same bills for 1916.

It may be that congress on the plea of economy will refuse to grant the increase asked, but if it shall so refuse it seems likely that a good many diplomatic and consular officers will follow the example set by a few of their brethren and resign from the service. Senators and representatives take 20 cents a mile for their travel from their homes to Washington and back again, but they have allowed in times past only five cents a mile to diplomatic and consular officers who are at best paid only small salaries.

The state department has taken cognizance of the condition of affairs as they relate to the diplomatic and consular service. The price of living has gone up all over the world and in many cases the cost of transportation likewise has risen. A memorandum prepared at the department for congress reads like this:

"A careful computation based upon the number of actual transfers and promotions of officers shows that the existing allowance, five cents a mile, fails to reimburse the actual expenses of traveling of an unmarried consular officer by from two mills to ten cents a mile; and where an officer is married the allowance has failed to reimburse the actual expense by from 6 mills to \$1.02 a mile, according to the number of members of the officer's family and the quantity of

household effects transferred to the new post. The average loss of each officer is estimated to have been 18 cents a mile, or \$215.47 for each promotion or transfer."

Transfers Not Popular.

Officials of the state department and consular officers themselves intimate that a man in the service does not look forward with any great amount of pleasure to a transfer from one post to another, even if the new post pays a little better than the one last held. The consular agents and consuls of the United States government get small salaries and so when a man has to give up two or three hundred dollars every year or two because Uncle Sam has seen fit to move him from place to place, he thinks that he ought to be given travel pay.

Once on a time diplomatic and consular officers of the Government did comparatively little for the home government except to attend to the needs of American citizens who happened to get into trouble in the countries or the cities to which the officials were accredited. It is a fact that some members of congress seem to think that the foreign service of the United States is conducted on the same lines that it was 40 years ago. The truth is that the state department demands and gets from the foreign service reports on business conditions, on openings for American trade, suggestions for improvement of affairs in America based on conditions in other countries, and for scores of other kinds of work which once a foreign-service man looked upon as alien to his duties.

Cannot Live on Salary.

Several of Uncle Sam's foreign-service men already have resigned because under existing conditions they cannot live on their salaries. Others have reported that unless they are paid more money or unless some allowance is made for travel and living expenses they cannot continue to hold their places without running up debts which they cannot see their way clear to pay. The state department has told congress something about the conditions in these words:

"The cost of living has increased in Europe and many other countries and consular officers of the lower classes are finding their salaries inadequate to enable them to maintain themselves in a proper manner. . . . The few consuls having private incomes are drawing upon their own funds to supplement their salaries. Inasmuch as the living expenses will not decrease, and as there is good reason for the belief that they will continue to increase, it is of the utmost importance that provision be made at once to supplement the regular salaries of consular officers wherever it shall be found upon investigation to be necessary."

The government is trying to induce a high class of young men to enter the consular service of the government, to begin, of course, in the lower grades where the salaries are smallest. The officials say that they are handicapped in getting men of high ability because of the meagerness of the sums paid and because at some posts in the world a man either must have money of his own or else he cannot live. In other words, the government wants to be able to appoint poor men of ability to office and not to be forced always to give the jobs to rich men who may or may not have ability.

Red Men in Washington.

An Indian chief, Prairie Wolf, of the Blackfoot tribe, who came to Washington from the West a day or two ago to try to fix up some tribal matters with the commissioner of Indian affairs, called at the office of Gen. Hugh L. Scott, chief of staff of the United States army, to pay his respects. The Indian spoke no English, and while General Scott understood something of the language of his caller, the latter preferred to carry on the conversation in the sign language.

For fully fifteen minutes the chief of staff and the chief of the Blackfoot talked together. Then the general turned to some visitors who were in the office and explained what the plansman had said. Curiously enough, Buffalo Bill dropped into the office at the time that Prairie Wolf was present.

The scout and the chief talked in the sign language and the first thing that the red man said in sign words was that Buffalo Bill had removed his hat as the scout did not have as much hair as in the days when he was following the western trails.

Indians are coming to Washington constantly, and as most of the visitors are old men who cling to the old dress and the old customs they arrive arrayed in all the feathers and other finery of days that are gone. They make a picturesque showing on the broad avenues and in the parks, where they attract instant and general attention. There is a boarding house in Washington exclusively for Indian visitors, and there the red men are made more comfortable, perhaps, than they are in their frontier homes, but it is possible, of course, that the white man's idea of comfort does not agree with that of his fellow of another color.

Always Look Up General Miles.

Gen. Nelson A. Miles lives in Washington. The general is getting on toward the fourscore milestone, but seemingly he is as active physically as ever. Miles fought nearly every kind of an Indian that the plains in the old days produced, and the old man among the visitors when they are here always try to see the general. He understood the sign language well, and although, of course, his conversation with the reds ordinarily is carried on in their own language or in English, it occasionally happens that the plansman and the soldier talk together with their hands.

WILSON REPUBLICANS

WOULD, IF THEY COULD, SIGN PETITION FOR PRESIDENT

Question of How Penrose, Despite Brumbaugh Can Get An "Un-instructed" Delegation.

Harrisburg, March.—Men aiming for a big vote for Governor Brumbaugh in the primary election, as a candidate for President, and to elect as national delegates persons pledged to support the "popular choice" of the primary, are finding here and there, "Wilson Republicans," who are not enlisting for either the Governor's forces or the Penrose element in the factional camps. Chairman F. L. Morgenthaler, of the Dauphin County Democratic Committee, says that, in the rounds of himself and friends to get signatures on the nomination petition to place President Wilson's name on the primary ballot, they have met or been told of many Republicans who would sign the petition if the law allowed them to do so, and whom he regards as favoring re-election of the President. The Democrats, did so to a man and very eagerly. This indication of Republican sentiment for Wilson added to enthusiastic Democratic solidarity for the President, is considered as pointing to similar conditions in the other counties of the State and warranting the belief that the vote for Wilson in Pennsylvania next November will be a Democratic record-breaker.

The anticipated conflict of the Penrose and Brumbaugh factions helps the stirring up of Democrats to seize advantage from the dissensions of their foes. If Brumbaugh is to be the only Republican on the primary ballot for President, people want to know how Penrose is going to get the "uninstructed" national delegation which he is supposed to desire, unless his forces can defeat in the primary the Brumbaugh delegate candidates who file with their affidavits a promise, to support the "popular choice." Should Brumbaugh get even only a few votes in a delegate candidate's district, the Governor, as the only nominee, would be the "popular choice" there, and the delegate candidate, having made that promise, would be committed to him just as he would to a rival candidate for President receiving more votes than Brumbaugh in the district. The same requirement applies to a candidate for delegate-at-large, in whose case the "popular choice" will be the Presidential candidate with the highest number of votes cast in the State. If Penrose had on the ballot a Presidential candidate whose vote exceeded Brumbaugh's the Penrose man could claim allegiance from the elected Brumbaugh delegate candidates, who in making their promise, had hoped that the "popular choice" would be the Governor.

So, during the waiting for announcement of definite Penrose plans to have the national delegation "un-instructed," it is assumed that the Senator will strive to elect his own delegate candidates, who, in consistency with the assumption that he is against "instructions," will not file any promise to support the "popular choice." Were Penrose able to defeat all the delegate candidates filing such a promise, Brumbaugh, as the sole Republican Presidential runner on the ballot, receiving a vote, larger or small, would find himself the "popular choice," but without any delegates pledged to support him. So complete a sweep by the Senator seems, however, out of the question, as certain Brumbaugh candidates in districts at least, could probably win despite Penrose opposition. With such an outcome the Senator might consider his point practically won if his forces elected all the twelve delegates at large, proving his control in the state as a whole. If Brumbaugh shall not back out, Penrose must fight or suffer humiliation.

MAY BE SPLIT LIKE 1912

That this Presidential year may have a National Republican split something like that of 1912 is indicated by the preparations which the Pennsylvania Progressives have made in their Harrisburg conference for their national convention in Chicago. It is promised that the delegation from this State will stand ready to agree with the regular Roosevelt or some other acceptable candidate for President, or to put up a separate Progressive candidate and fight it the Republican Convention shall be controlled by the "baneful influences" which split the party asunder in 1912. Evidently the Progressive backers of Governor Brumbaugh as a Presidential candidate will regard him as unimpaired by such "baneful influences" as long as the use of his name may serve the Rooseveltian purposes.

PEOPLE PAY FOR BRUMBAUGH

The fact that the Citizens' Republic League, of Philadelphia, is regarded as a helper of Senator Penrose against the forces of Governor Brumbaugh and Mayor Smith, of Philadelphia, does not weaken the League's exposure of the detailing of Benjamin M. Sharp, to whom, as Chief Clerk of the Bureau of Weights and Measures, the city of Philadelphia pays \$1,800 a year, to be attached temporarily to the working forces of the Harrisburg Campaign Committee that is backing the Governor for President. Sharp may think he has

the same right to do this as the \$12,000 Attorney General, Francis Shunk Brown, and various other high salaried State officeholders have to devote to the Brumbaugh candidacy the time and energy for which the State pays them to be devoted to its interests.

GANG HURTS STATE'S PORT

Poor old Philadelphia, eager for transit relief to the strap-hangers and to people who cannot even get hold of a strap, must be patient while the Mayor and Republican machine bosses continue the dispute over proposed changes in the subway plans. Pennsylvanians generally, desirous for the prosperity of their great port on the Delaware, perceive repetition of the same old story of the city's sufferings from the "gang." The people of the State have wanted to see that port's interests promoted by State and national aid, but, prior to the advent of the Democrats into power at Washington, comparative meagerness of such help, in contrast from the selfishness, indifference or incapacity of the Republican machine representatives upon whom the big city depended for its welfare. The Democratic administration has largely improved Philadelphia conditions.

GRUNDY'S LOW WAGES

Men in Mills of Republican Machine Boss Got \$9.34 a Week.

Bristol, Pa., March.—From that typical "business man in politics" and Republican machine manager, Joseph R. Grundy, president of the Pennsylvania Manufacturers' Association, might have been expected something like living wages to the employes in his Bristol mills, but those in some of his departments recently went on strike for increased pay, the men, most of them with large families, saying they were tired of working thirteen and a quarter hours a night for \$9.34 a week. They asked for \$11.00 a week, which was refused. They worked from 5:45 at night to 7:00 o'clock the next morning, with a half hour off for lunch at midnight, and were paid at the rate of 14 cents an hour for five nights a week. Seventy men, nearly the entire night force in the carding, combing, dressing and twisting rooms, stopped work. Most of the 1,000 employes in the Grundy mills are women and girls. The day shifts in the departments affected by the strike are girls, receiving about \$6.75 a week. No young people, whose employment brought Mr. Grundy prominence as an opponent of child labor laws, were among the strikers.

The interpreter for the Italians who constituted the majority of the strikers has a brother who worked several years for the Coruna Leather Company until recently. He applied for re-employment at the leather plant but was refused and the boss told him frankly that it was because he was a Grundy striker. Most of the native born men who went out with the Italians left Bristol or got jobs in the foundry. Strike Leader Angelo Staleno said that the trouble started after Grundy had announced a ten per cent increase in wages for the employes of the mill but gave them only five per cent, saying that they would get the other five per cent in June. "He can give us better wages too," Staleno went on. "Why does he build more buildings all the time; why doesn't he give us poor people some of the money in wages?"

BOOM OF TEXTILE MILLS

Plant Expansions Indicate Good Times for Factory Workers.

Philadelphia, March.—The great mill district of Kensington in Philadelphia is extremely busy. For at least six months manufacturers have been putting forth their utmost productive energy. Hundreds of thousands of dollars have gone into plant expansion and most of the mills are displaying "Help Wanted" placards. In many of the industries the scarcity of factory labor is being felt which in itself is proof of busy times. Most of the worsted mills are behind in orders. The Cambridge worsted company which operates a twenty-loom plant recently made a twenty per cent increase in its working force and is now moving to larger quarters where twenty additional looms are being installed.

Mills on cotton goods are also very busy, the demand for dress fabrics being featured in trade reports as the heaviest in years, with the export demand steadily on the increase. Mills are said to have accepted big orders for delivery up to July 1st. Industries allied to the textile mills are made to share in the boom of worsteds and cottons. A firm of tank manufacturers, for instance, announce that for the last six months their plant has been pushed to its capacity to keep up with new business. The foregoing indications of good times and prosperity are the more interesting because they show themselves in this "Presidential year."

On "Preparedness," former Secretary of State P. C. Knox in his speech at the York Chamber of Commerce banquet said: "We must be prepared to defend our home and our liberty, and the measure of that preparedness must be gauged by the sober, thoughtful, patriotically disinterested advice and counsel of those whom the nation itself has trained and educated in order that they may authoritatively speak and instruct us upon those matters."

PROSPERITY IN WESTERN CANADA

900 Million Dollars in New Wealth Added in 1915.

Canada as a whole has enjoyed wonderful prosperity in 1915, from the products of the farm, the orchard and the centres of industry. No country wrote a brighter page of history in agricultural and industrial development during 1915 than Canada. Nearly a billion bushels of grain produced. Taxes in Western Canada average \$24 and will not exceed \$35 per quarter section, which includes all taxes. No taxes on improvements.

When Western Canada was faced with her enormous harvest last fall the military authorities decided that soldiers in Canada could give the Empire no better service for the time being than to assist in harvesting the crops. For that reason leave of absence was given to soldiers who wished to work in the harvest fields, and their labor was an important factor in harvesting the big crops successfully.

The necessity for increasing the agricultural production is commanding even more attention in 1916, and it is now announced that soldiers in Canada may obtain leave of absence from their military duties in the spring for a certain length of time to enable them to plant the seed for the crops in every Province of the Dominion.

The fact that the Government recognizes the seeding and harvesting of Canada's crops as being of the first importance is perhaps the best evidence that conscription or any increase of taxes which would reduce the agricultural activity of Canada will never be considered by the authorities.

Owing to the number who have enlisted for overseas service it has been found necessary to secure farm labor in the United States. It is hoped that fifty thousand can be secured.—Advertisement.

Alas for the intellect when the understanding is limited only by the size of the feet!

Kidney Medicine That Stands the Highest

Some twelve years ago I began handling Dr. Kilmer's Swamp-Root, and we have heard nothing but praise for it as it seems to give entire satisfaction in every instance. From the manner in which customers speak of your remedy, we have learned to place efficient confidence in it to recommend Swamp-Root above all other kidney remedies. From the demand I judge it to be the most generally used kidney medicine in this country, and reports regarding it are always favorable.

Very truly yours, C. H. McCOY, JR., South Heights Pharmacy, 782 Porter St., St. Antonio, Texas, Jan. 11th, 1916.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Frove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

The average man wants others to see him as he sees himself.

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?'



My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 23 Russell Street, Taunton, Mass.

Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

GALLSTONES FREE. Avoid operations. Positive remedy. No diet—No pills—No pain. Write for copy of Big Book of Truth and Peace to—The Gallstone Remedy Co., Dept. C-46, 1155 Dearborn St., Chicago.